

Photo by John Borg.

State-of-the-Art Veterinary Cancer Treatment, Right in the Neighborhood

By Charlotte Gee Graeber

With emotions ranging from fear to confusion to hope, the owner of a 9-year-old pug named Louie called to make an appointment at San Francisco Veterinary Specialists (SFVS). Louie's regular veterinarian had just diagnosed him with mast cell tumors, and wanted him to see a specialist.

The incidence of cancer in pets is becoming more common. Just as in human medicine, preventive care, diagnostic technology and medical treatment have led to longer life spans for cats and dogs. And, like humans, when pets get older they have a higher chance of developing cancer and other illnesses. The statistics are stark: one in four dogs dies of cancer, and the disease is the number one natural cause of death in geriatric cats and dogs.

To meet the growing demand for veterinary oncology services, SFVS' oncology group recently expanded its practice from two days a week to six. SFVS, located at the outer edges of the Mission and Potrero Hill, is San Francisco's only multispecialty,

referral-based animal hospital. SFVS staff includes the City's only two veterinary oncologists, with another four veterinary technicians dedicated to oncology services. The facility recently installed a computed tomography (CT) scanner, the first such device in San Francisco that's exclusively for veterinary use.

"There was a clear need for SFVS to have its own CT scanner on site. As a specialty hospital, we want to have the most cutting-edge, state-of-the-art diagnostic tools available to best serve our patients and their referring veterinarians," said SFVS oncologist Aarti Sahblok, Doctor of Veterinarian Medicine (DVM). "Plus, clients and their pets no longer have to travel out of the area for scans. They can have them done right here in the City." Among other things, CT scans allow veterinarians to spot certain types of cancer earlier than they can with traditional x-rays. Scans also are helpful in planning for surgeries to remove tumors and performing biopsies.

"The addition of this imaging modality will bring university-

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Homebirths on the Hill

By Sarah Marloff

Homebirth has become a viable option for many pregnant women. And in the last few years several Potrero Hill soon-to-be moms have opted for a homebirth. As this ancient tradition regains popularity, more people are wondering about the safety of homebirth, particular as compared to a hospital birth.

Birthing at home, with the dedicated care of midwives – there are always two – more present is "actually much safer than birthing in a hospital setting," according to Kathleen Sampel Morris, one of several homebirth advocates on the Hill. When she was pregnant Morris wanted to protect her baby from drugs, such as Pitocin, which are routinely used in hospitals to induce labor. Potrero Hill resident Alaina Goetz, who is six months pregnant, also believes that one of the best arguments for homebirth is that it eliminates the temptation or repeated offers of drugs. She has talked to "many, many friends that have given birth in hospitals in [San Francisco] and so many of them

had epidurals, episiotomies and most had C-sections. I would say 80 percent had C-sections! Many of them intended for a natural birth but had very different outcomes."

Almost one third of all babies born in the United States are delivered through Cesarean surgery. In San Francisco the C-section rate is somewhat lower: roughly one-quarter of births rely on the procedure. High Cesarean rates are due to a number of factors, including caregivers' fear of malpractice suits: some doctors believe that performing a Cesarean reduces their risk of being sued even when a vaginal birth is feasible. "Decisions about hospital care are often based on practice protocols, which are in turn based on reducing the liability of the hospital, doctor(s) and staff, yet are often not in the best interests of patients," said Morris, who has worked as a Registered Dietitian at several hospitals in Kentucky and Virginia, as well as at a major teaching hospital in the City.

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Live-Work May Become Live-and-Let-Live Lofts

By Tiffany Roberts

Two decades ago dozens of live-work buildings were constructed in Southeast San Francisco. Built primarily between 1988 and 2000, the lofts enabled developers to get around restrictions on new construction, and were suppose to provide low-cost housing for artists and small businesses. Over the years, however, live-work buildings have failed to significantly increase housing access to artists, and haven't contributed to the fees necessary to maintain neighborhood infrastructure. And because live-work units were built in then industrial areas, the public amenities typical of resident communities weren't required.

Only a small percentage of live-work loft tenants pay below market rents as working artists or small businesses. Instead, live-work lofts mostly cater to mainstream San Franciscans, who now want better sidewalks, adequate parking, street benches and lighting. Tony Kelly, Potrero Boosters Neighborhood Association president, believes that as Dogpatch, Potrero Hill, and Showplace Square continue to de-industrialize the needs of loft residents should be addressed. "Now [live-work loft] residents want sidewalks, lighting, the things that make a complete neighborhood and things to sustain housing," Kelly

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Publisher's View Yes We Can

By Steven J. Moss

While president-elect Barack Obama didn't outright say it in his election victory speech, there was unmistakable echoes of an earlier young president. In his inaugural address John F. Kennedy called on Americans to "ask not what your country can do for you - ask what you can do for your country." Setting aside all of the bad things that happened in the decade that ensued - the assassination of Martin Luther King, Bobby Kennedy, and JFK himself - President Kennedy's call for individual action arguably ushered in a new era of civic engagement. His administration launched the Peace Corp and what's now called Americorps; programs that continue to capture young adults' desire to directly assist people who they don't even know and who often live in places most of us wouldn't want to visit. More profoundly, Kennedy's simple call for individual action helped propel the civil rights, environmental and anti-war movements, which in turn led to the creation of the U.S. Environmental Protection Agency, Roe v. Wade, and, ultimately, to the election of our new president.

Kennedy's call was answered throughout the world, by farmers in India finding ways to grow crops organically; hippies in Northern California learning to live communally and "off the grid;" and women, African-Americans, and gays marching for their rights. But in the decades since this burst of individual and collective optimism and action, the steady drip-drip of government lies, greed, and incompetence has encouraged many of us to turn inward. Watergate, Contra-gate, the Iran War, the response to Hurricane Katrina, and, let's own it, even President Clinton's silly indiscretions wore away at our faith in government, and in each other. Get quick rich schemes on Wall Street, in Silicon Valley, and in the housing market distracted us from more meaningful pursuits. Gated communities replaced communes; consumerism has been mistaken for political action.

Now, three and a half decades later, Obama's victory has turned Kennedy's question squarely back to us: what will *you* do to create positive change? How do *you* want to live in the new reality?

Each of us, on our own, will have to struggle with and ultimately answer this question. Collectively

our responses will determine whether "Yes we can" transforms into "Yes we will" and finally "Yes we are." Will we resume our insatiable quest to patch the empty spaces in our hearts by buying cheap plastic goods from China, or try a different path? San Franciscans are already learning how to re-use, reduce, and do without; how far are we willing to go? Aside from food, everything we need to be comfortable may already exist in our community, or can be developed. My seven-year-old daughter, for example, has perhaps 1,000 toys, 800 of which she rarely plays with; I have shirts and shoes I never wear. There's already an active trade in baby items on the Potrero Hill Parents Association's listserv; raising this activity to another level would address a multitude of problems, from satisfying individual needs, creating community, and addressing our environmental problems.

Will we finish our civil rights agenda, by finally and firmly allowed gays to marry, and ensuring children have access to quality education and health care? The post-Proposition 8 marches have already begun, but so too has the dull drumbeat of impending budget cuts for our public schools. The (temporary) set back from the initiative's passage, and the threatened budget cuts, must be brushed aside if we are to continue our journey towards the change we've called to create.

Will we continue to build on a more localized environmental movement? Already there's a steady flowering of community and rooftop gardens, street meridian greenings, and community-based approaches to managing our energy and transportation systems. Our urban habitats could be reclaimed, by uncovering buried creeks and streams, and by understanding that our backyards are home to thousands of creatures who have no place else to go.

Change doesn't come from Washington, Obama told us, change comes to Washington. Said differently, change doesn't happen to you, it happens because of you. Barack Obama was elected on the backs of thousands of \$100 checks, and millions of telephone and in-person contacts, contributed by Americans who saw that their aspirations could come true with the right leadership in place. Barack Obama's election isn't an end, it's a beginning. It's up to each one of us to decide what happens next.

Letter to the Editor

Dear Editor:

Thanks for the article in last month's *View* about Disabled Employees Rehabilitation. The *View* did a great job in its write up, but failed to include contact information for companies who made may need their services: Patty Oliverio, 415.647.1440

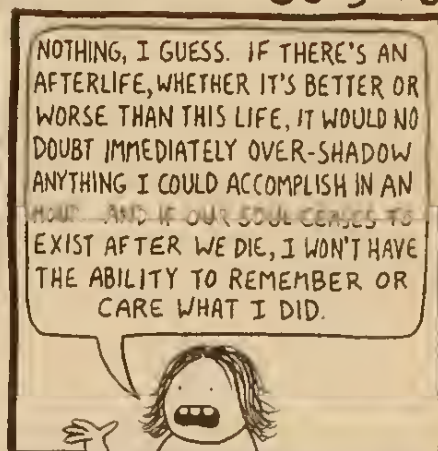
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Short Cuts

Hill Death

Thirty-five-year-old computer components salesman David Boyce and 30-year-old Academy of Art student Vicky Velarde were found dead in Boyce's Missouri Street home last month. Police suspect that Boyce may have shot Velarde, his girlfriend, and then turned the gun on himself. Velarde was a Honduran native who immigrated to the United States with her family when she was 11. Two years ago she became a U.S. citizen, voting in the November election for the first time. Boyce, a Los Altos native, was the emcee and rap singer for the band P. Hill. What exactly happened and why may never be known, but police are investigating.

Last Christmas

For the past half-decade Potrero Hillians have been treated to an opulent display of beautifully lit Christmas trees and associated ornaments outside **Eugene Anthony at Home** on Kansas and Mariposa streets. Take a good look this season: it's the store's last. The high end home furnishing retailer is closing its doors by New Years. Those with more than a few shekels in their pockets may be able to pick up exquisite sofas, chairs, and other furniture at discounted, though still noticeable, prices.

Old Power Plants Never Die

Last month the **Board of Supervisors** rejected a resolution by **Mayor Gavin Newsom** that would have provided the mayor with the authority to negotiate an agreement to retrofit half of the 40-year-old Potrero Power Plant, with the other half shutting down with the completion of the **Trans Bay Cable**. With the previous proposal for the City to develop its own generating facility near dead, there remains just one responsible way to fully shutter the existing polluting old dinosaur: increased energy efficiency, better management of the electricity grid, and small scale generation, such as solar.

Eastern Neighborhoods

Political wrangling continues over the Eastern Neighborhood Plan, one of the largest rezoning efforts in San Francisco's history. The latest skirmish was prompted by a proposal from the Mission Anti-Displacement Coalition to remove "middle income housing" from the Mission Area Plan - meaning that households earning between \$89,500 and \$111,900 wouldn't qualify for a City requirement that they be included as part of new residential development. Opponents of the change believe

that middle income families - in this town a \$100,000 salary buys you nothing - should be provided some assistance, particularly since little middle income housing is produced in San Francisco.

Construction Award

The National Association of Remodeling Industry (NARI) recently honored Potrero Hill-based **Podesta Construction, Inc.** for its excellence in remodeling residential bathrooms, homes, and interiors. Podesta Construction is a full service general contracting company... The *View* is joining more than 70 alternative newspapers to urge its readers to spend at least \$100 of their holiday money at locally owned stores. Money spent in businesses located in the community tends to stay in the area, increasing overall economic activity... **Daniel Webster Elementary School's** playgrounds are now open from 9 a.m. to 4 p.m. on Saturdays and Sundays. The views are grand, and there is a good combination of open pavement for scooters/learning to ride a bike and play equipment. Check it out!

Obama Wins!

Turn-out for the November election was notably high, particularly in Potrero Hill, where 76 percent of eligible voters participated, compared to 70 percent citywide, and 57 percent in Bayview... Blogger Nate Silver may have predicted Barack Obama's victory in March, and George Stephanopoulos in April, but Arkansas Street resident **Marjorie Mary-Rose** knew that Obama would be elected president when she first saw him speak at the 2004 Democratic National Convention. Eighty-one-year-old Mary-Rose, who's lived on the Hill since 1952, was a life-long Republican until the first Bush's presidential campaign, when she became a Ralph Nader supporter. During her 40 year teaching career, including at Daniel Webster Elementary School, she kept her political leanings, bred from growing-up in Orange County, California, on the down-low. Not anymore. Mary-Rose couldn't be happier and prouder of her county. To celebrate the victory, she baked a black forest cake, named it an Obama cake, and brought it to the Potrero Hill Neighborhood House's senior lunch. How sweet it is!

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Ninth Annual Hill History Night Draws Big Crowd

By Peter Linenthal

More than 200 people attended the Ninth Annual Potrero Hill History Night, held on October 25 and co-sponsored by the Potrero Hill Archives Project and the Potrero Hill Association of Merchants and Businesses (PHAMB). As the Apollo Jazz Group played, the balmy evening began with a barbeque of Jelenich kielbasa – named for a prominent Slovenia Hill family – on International Studies Academy's (ISA) patio. Proceeds from the barbeque, which exceeded \$1,000, were dedicated to ISA's International Expedition program, which will take 30 students to Paris next year. The volunteer caterers were so impressed with the students that they donated another almost \$200 to the high school's travel program.



Cityguides Dr. Natalie Wisniewski at far left gets ready to enjoy her kielbasa.



Janet Carpinelli offered information about how to preserve the Bluepeter building in Dogpatch.



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Potrero Hill Author Helps Others Grow Their Businesses

By Anthony Myers

K.D. Sullivan has created and sold a half a million dollar a year proofreading business, written six books, and raised a son, John, now 33, during her three decades of living on Potrero Hill's Kansas Street. Sullivan's success has come despite the fact that she had no formal education past high school. "Though I left school and home at 16 to go out on my own and I had no formal business training, I never let this stop me. When I speak and counsel [businesses] I always recommend people get all the education they can! At the same time, we all have areas of weakness; whether lack of education, finances, creativity. The trick is not to let any of those stop you."

Sullivan practices what she preaches. "About 25 years ago, while looking for work to do at home when I was a single mom, with \$50 and stubborn determination, I started a proofreading business," she said. "Over the years, I built this into a national editorial service, Creative Solutions Editorial Inc., with up to 100 clients and 30 independent contractors who were writing, editing, and proofreading from their homes in the U.S. and around the world."

Though she sold her business a few years ago, Sullivan continued to work as a consultant, and began

writing books, co-authoring *The McGraw Hill Desk Reference for Writers, Editors, and Proofreaders*, and most recently, *A Cure for the Common Word*. *Word* was designed to help "people of all ages expand their vocabulary," Sullivan said. "The book I'm currently working on is tentatively titled *In the Driver's Seat: A Roadmap to Freelancing*. Everyone through my whole business career told me what I couldn't do if I didn't follow the norm and I've never followed the traditional path," she said. "That's why I identify well with the start-up people I work with. I didn't have education; most people who are stuck and not being able to move forward feel like they're stuck in some way. They don't have the finances or they don't have the time or they don't have the creativity and I've just learned that for most entrepreneurs you come to a wall and you decide whether to go over it, through it, around it or take a different path, but you're not stopped. That's the kind of the way I've always been."

In addition to writing Sullivan is "designing and implementing proofreading workshops and corporate training programs throughout the United States and Canada. Part of what I hope people learn from me is to be encouraged and say, 'Oh, I

didn't think I could do this but I can and here's how'. It's one thing to encourage, but thankfully because of my experience hopefully I'm able to encourage and give them the steps to take; and this is important to me, take the path that's right for them to reach their goals because it's different for everyone. Some companies go, 'Here we're going to give you step by step and here they are.' So I always look for ways to create that path for what makes sense for you."

Sullivan's persistence extends to her leisure time. On a recent trip to South America she bought a purse, which turned out to have been designed by Carvalho, a Brazilian artist. "When I returned to San Francisco, I continued to be awed by the beauty of Carvalho's art. Everyone I showed it to was similarly captivated and asked if they could get a similar piece. It took me four months to find someone to locate Carvalho for me, and yet another month to find someone to translate for me. I've spent the last few months learning everything I could about how I can help this wonderful artist to display and sell his work around the world."

When Sullivan isn't travelling she enjoys living in the tight-knit Potrero Hill community. "I say hello to my neighbors. I know the people at the store and at the cleaners and it really is a community. I walk my dog Boomer two to three times a day. It's wonderful in the morning to get fresh air and the views of the City. I go up to McKinley Square and I work from my home. Potrero Hill is very diverse; in my travels there isn't any place else that I've seen yet that I would say I want to live."

International Studies Academy Going to Paris

By Edgar Mendez and Danelia Lopez

International Studies Academy (ISA), located at De Haro and 18th streets, exemplifies the City's ethnic and socioeconomic diversity, drawing Latino, Asian-, and African-American students from throughout Southeast San Francisco. Students choose to attend ISA for its internationally-focused curriculum, which includes intensive exposure to European history, language, culture, and geography. ISA's most popular international component is its International Expedition, which has sent students to England, France, Cuba, Costa Rica, Italy, Brazil, and Japan to study the people, history, cultures and languages.

During spring break ISA will be sending 30 students to Paris. Many of the scheduled travelers have never left California. The Paris experience will include famous landmarks – such as the Eiffel Tower and Arch de Triumph – pristine statues, and beautiful scenery. To prepare the students the school has added a Paris seminar, which explores what they can expect to experience overseas.

International Expeditions are funded by students' families and by generous donors. ISA's silent auction, to benefit the Paris trip, will be held on Thursday, December 4, from 6 to 8 p.m. at International Studies Academy, 655 De Haro Street.

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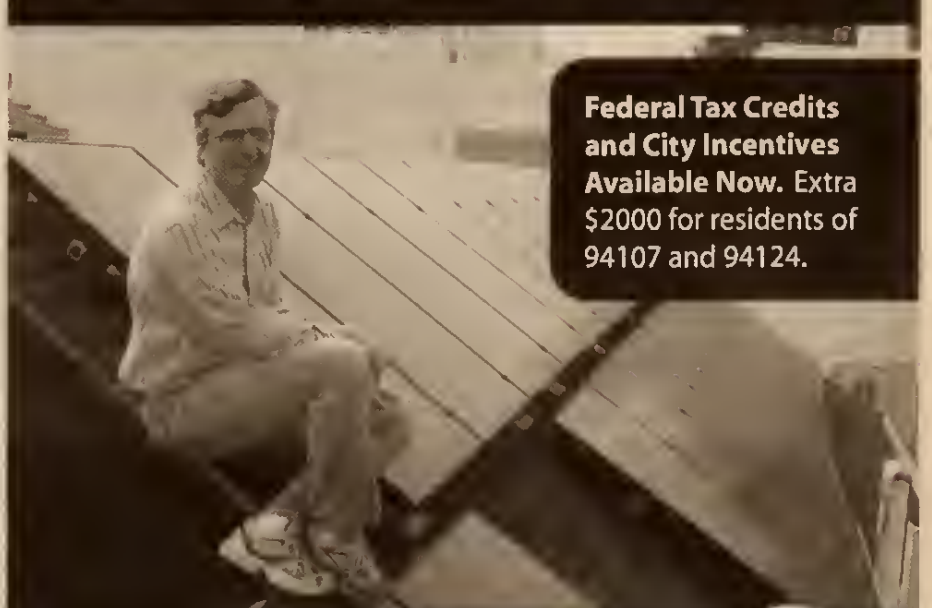
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Permaculture Garden Takes Root in Potrero

By Mary Purpura and Silvano Purpura-Pontoniere

If you've passed by the corner of 18th and Rhode Island streets recently you've probably noticed that the familiar empty lot there has changed dramatically. The parcel's western side – which consisted of the typical rocky terrain we expect from Potrero Hill open space – now boasts contoured raised planting beds. The transformation occurred through the serendipitous intersection of imagination, experience, and willingness, which has joined together an enthusiastic group of volunteers that includes a generous, forward-thinking Potrero Hill property owner, an experienced permaculture designer, a project coordinator, eager students of organic gardening and permaculture, local businesses, and various Potrero Hill neighbors.

On a Friday last month volunteers unloaded 1,000 pounds of cardboard, donated by Whole Foods-Potrero Hill, and spread wood mulch, donated by BayView Greenwaste. A thick layer of cardboard was laid down as the first step in building rich, viable soil; after soaking the cardboard, volunteers sculpted the wood mulch over it into beds and dips that were carefully designed to absorb rainfall. The mood throughout the workday was friendly, as many neighbors out for a walk or bike ride stopped to chat about what was going on.

"We want everyone to feel welcome here," said Potrero Hill resident and organic gardening student David Globber, who has been involved with the project since the first workday in early October. "When you engage in a healthy activity in an open space, people are naturally attracted to it. For me, this has been great: I'm meeting more and more of my neighbors."

Building community is one of the project's goals. "We have a series of goals for the 18th and Rhode Island garden," explained project coordinator David Cody, "and all of them are equally important."



Volunteers prepare the soil at the new permaculture garden on 18th Street. Photo by Mary Purpura

Besides building community and healthy soil, those working on the project hope to grow an abundance of organic produce and donate it to the Mission neighborhood's Free Farm Stand, which distributes free organic food to those who can't afford it; create a green space for neighbors to enjoy; and experiment to discover the best practices for growing food in an urban setting, using permaculture principles.

"Permaculture is a design system that copies nature, but accelerates some processes through human intervention," said Cody. It might take a thousand years for an inch of topsoil to form in a forest setting, but Cody and his fellow volunteers, by using mulching and permaculture landscaping principles, hope to be growing plants in healthy, vital soil next spring. "We don't plant plants," he said. "We plant ecosystems." Eventual plans for the lot include growing dwarf fruit trees, interspersed with lower-growing vegetables. Cody explained that it won't look like a typical garden, with rows of peas next to rows of lettuce, but more what you'd expect from a lush natural environment, with all the variety that implies.

Volunteers copied natural

systems to design the planting beds and swales – slight depressions – between them for maximum water retention. The beds and swales at 18th and Rhode Island streets are contoured to conform to the hillside's natural flow of water. Rain falling on the site will collect in the swales, sink slowly into the soil, and then spread out, providing a sub-surface water source. As a result, less water will have to be added to the site to keep plants healthy.

"A lot of permaculture principles have been worked out in rural settings, but we don't really have established practices for urban permaculture," explained Cody. Because permaculture design is specific to the site involved, the knowledge gained from a particular place will be very localized. Cody pointed out that the experiment could demonstrate how to apply permaculture ideas to other San Francisco neighborhoods, even though the specific information acquired will be most meaningful to Potrero Hill residents.

The garden wouldn't have been possible without the imagination and largesse of Aaron Roland, M.D., a family physician in private practice, who owns the double lot where the 18th and Rhode Island Garden is taking root. Roland lived at 18th and Kansas for about 12 years in the '80s and '90s. During that time, he grew corn, tomatoes, and, one especially warm summer, cantaloupe, on the empty lot at 18th and Rhode Island. "When the

lot came up for sale, I bought it, thinking I would eventually build a home on it," said Roland, who now lives in San Francisco's Liberty Hill neighborhood. Despite extravagant offers to buy the land during the height of the real estate boom, Roland kept the lot as open space, and his relationship to it deepened as time passed. "In the southeast corner of the lot, I planted an olive tree in memory of a dear friend who died of HIV/AIDS. Friends gave me acorns, which I planted. Now those oaks are about 20 years old."

"Over the years, I've been in conversation with SLUG [San Francisco League of Urban Gardeners] and with different local schools about gardening on the lot," he said, but he had no takers. "I believe in local agriculture," said Roland. "I believe it's possible and desirable to grow a lot in little spaces."

Last spring Roland read an article in the *San Francisco Chronicle's* Home & Garden section that sparked his interest. It featured Kevin Bayuk, who, with David

Cody, is an active member of the San Francisco Permaculture Guild. As a guild project, Bayuk had researched the number of vacant lots in the City, and found more than a thousand. He intended to contact property owners to request permission to garden organically in these open spaces until they wanted to develop their land. Instead, Dr. Roland contacted him, and offered his parcel for the project.

According to Cody and Globber, everyone's welcome to volunteer at the site. Workdays currently begin on Fridays at 10:30 a.m.; a regular weekend workday may be added soon. The site will ultimately include an outdoor classroom space, which may be used to train people in permaculture design, with an emphasis on urban applications of the ideas and practices.

For those who'd like an accessible resource to learn more about permaculture and how it can be applied in your backyard, Cody and Globber recommend Gaia's Garden: A Guide to Home-Scale Permaculture by Toby Hemenway (second edition due out in May 2009). To learn more about the organizations mentioned in this article check out <http://18thandrhodeisland.org>.

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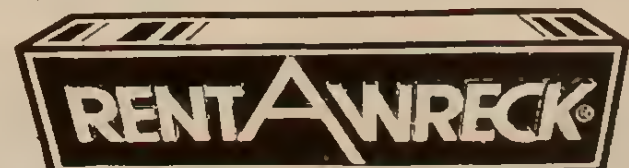
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AT&T To Provide Fiber Optic Technology To Potrero Hill

By Edward Lortz

Years after RCN/Astound wired a small part of Potrero Hill, and Comcast installed high speed cable, the Hill will soon have comprehensive access to fiber optic technology. AT&T announced the expansion of its fiber optic network to Potrero Hill last month at a meeting attended by several dozen residents held at the Potrero Hill Neighborhood House. AT&T hopes to begin installing the new system by the end of next year, with a completion date of 2010.

At the gathering Shiyama Clunie, AT&T external affairs manager, described the U-verse service as an integrated communications and entertainment package that will feature more than 75 high definition television channels, digital video recording (DVR), high speed internet, and digital phone services. The DVR technology will allow up to eight television sets to record as many as four shows simultaneously from one box.

Clunie stated that Potrero Hill is one of 180 infrastructure projects that the company is undertaking throughout the state. Under the projects AT&T will run fiber optic cable over existing poles to new street level boxes. The small wires, referred to as "fiber to the node," should be almost unnoticeable. The new street boxes, which will be 50 inches wide, 26 inches deep and 48

inches tall, will be installed within 150 feet of the roughly 30 existing serving area interface boxes that are located between Cesar Chavez, 16th Street, Potrero Avenue, and Third Street. Each box, which will service up to 400 homes, will be placed about 18 inches from the curb and out of the flow of sidewalk traffic.

Clunie stated that in addition to working with the San Francisco Planning Department and Department of Public Works, AT&T will send three notices – two more than required by the City – to homes located near the new boxes before they're installed, requesting public input. AT&T has retained a landscape firm to help assess options for landscaping around the boxes, and an anti-graffiti team will be available on short notice.

Meeting participants were most concerned about when boxes and utility wires would be placed underground, the schedule for installing the fiber optic infrastructure, and when the resulting services would be available. In response, AT&T noted that undergrounding prompts a number of challenges, included related to ventilation and maintenance and repair access. There are no immediate plans for additional electric utility undergrounding in the community.

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Bayview Hosts African Market

By Herman Wong

On a hot Saturday afternoon in October the Bayview Opera House was sizzling with activity. Buoyant children wandered among stroller pushers and denture wearers in the outside courtyard, drawn to the sound of drums or the sight of a gigantic inflatable tunnel shaped like a train, which could be seen from the platform of the T-line's Oakdale/Palou station.

In its third year, the International African Market in Bayview - a multi-cultural festival cum fair and bazaar - took place on October 25, competing with Coit Tower's 75th anniversary and the dedication of the renovated Fillmore Center Plaza. The 2008 market was actually a scale-down version, a taste of the market, due to the shortage of time to organize, said Thor Kaslofsky, a project manager for the San Francisco Redevelopment Agency, which had awarded organization of the market to the Bayview Merchants Association just a month earlier. The association's bid beat out Flight Community Services and Clear Focus Marketing.

The event was principally funded by a \$140,000 contribution from Lennar/BVHP LLC, which is obligated to house an African marketplace as part of its Hunters Point development agreement with the City. Lennar had organized the two previous International African Markets.

This year's event was part

festival, part market, with a few African flags thrown in. An older crowd toe-tapped to San Francisco blues musician Bobbie Webb and his band on the brick outdoor stage, with a Sudanese flag taped to the wall behind them. An inflated moon base housed a laser tag game that rumbled with playful kids, and families leaned on the railing around the Truckstop, a railroad-like ride with mini-diesel trucks. Young and old clamored close to hear the rules for the Tycoon Typhoon, a sealed vinyl box where contestants grabbed for one dollar bills whipped into a frenzy by an electric blower.


Vendors, who in past years set up in the courtyard under canopies, were placed inside the Opera House's auditorium. Eight tables were arranged in a square formation, selling items ranging from Christmas cards with black angels and other Christian characters to handmade plastic bead bracelets. Anita Franklin, a City of Richmond resident, sold four sterling silver rings and a cross by noon. "People are coming in and they are interested, have a taste to purchase," she said.

Valerie Davison, who hails from the Western Addition, sold men's and women's hosiery at an Opera House event earlier in the year, generating enough sales for a repeat visit. But by mid-afternoon she'd sold only one item, a pack of women's pantyhose. "I made more sales by this time in the afternoon

[at the earlier event]," Davison said, adding that there was more foot traffic when the sellers sat outside.

The action was mostly outdoors. Bayview resident Linda Harper filmed her grandson Tommy stretch and pull his way up the towering climbing wall erected on the Newcomb Avenue side of the Opera House. "Try it again. Try it again honey," she said, as the five year old grabbed at the wall's gray holds. Harper, who'd heard about the event at Charles Drew Elementary School, hadn't expected all the rides, which weren't part of previous markets. "It's really nice because it's catering to kids and families," she said.

The event was organized by Jackie Norman, wife of Bayview Merchant Association president Al Norman. Al Norman declined to be interviewed, and Jackie Norman didn't respond to interview requests. The Redevelopment Agency's Kaslofsky praised the pair. "They really wowed us in the [request for proposal] interviews," he said. "They have a lot of passion for revitalizing the Bayview community." Kaslofsky, who attended the Saturday event and estimated upwards of 150 people attended, singled out Jackie Norman's experience organizing events in the neighborhood, including the Juneteenth Festival. "She's got event planning experience in Bayview; longer than any of the other applicants. They've done a lot of different events since the 49ers stadium was called Pac Bell."



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Cancer Treatment

Continued from Front Page

quality service to the pets and pet owners of San Francisco," said Carlos O. Rodriguez, Jr., DVM, Ph.D., Diplomate, American College of Veterinary Internal Medicine (Oncology). "This is especially true for injection-site sarcomas in our feline patients. Studies have demonstrated the need for aggressive front-line surgery by a board-certified surgeon whose scalpel is being guided by a pre-operative CT scan."

According to Sabhlok, "Although cancer rates in our pets are high, with early detection, cancer can be a treatable disease. Advances in technology offer us many treatment options." The most common types of canine cancer Sabhlok sees in her practice are lymphoma, melanoma, mast cell tumors and osteosarcoma. In cats, lymphoma and squamous cell carcinoma of the skin and mouth are the most common cancers.

Sabhlok emphasizes that some cancers can be cured. And for pets with cancer that can't be cured, treatments can extend their lives anywhere from four months to three years. The three most common treatments for cancers in animals include surgery to remove the cancerous tissue, chemotherapy and radiation, the latter of which SFVS refers clients to outside facilities for treatment. Treatment and diagnostic expenses vary depending on the complexities of each case; clients agree to a care plan and estimated costs before services are provided.

Sabhlok pointed out that many people have had family members or friends who have undergone cancer treatments and have seen the oft scary side effects associated with trying to obtain a cure. In her practice, she always reassures pet owners that veterinary oncology is not as aggressive with treatments like chemotherapy, so dogs and cats generally don't experience the same magnitude of side effects as humans. For example, much lower doses of chemotherapy are used than in human oncology, which means very few pets become ill or require hospitalization during or after treatment.

Her philosophy centers on "providing treatment options

that do not compromise what our patients love to do," whether it's going for walks on the beach, playing fetch, or just curling up on the couch. Treatments are intended to maximize therapeutic benefits while minimizing side effects. First and foremost, veterinary oncology strives to maintain a good quality of life for the pet.

Other treatments available at SFVS include metronomic chemotherapy, which is a daily, low-dose, oral chemotherapy, administered at home by the pet owner; and the melanoma vaccine. Malignant melanoma is a very aggressive cancer and is the most common oral tumor in dogs. The melanoma vaccine has resulted in increased median survival times for pets.

Pets undergoing cancer treatment at SFVS also have the option of receiving holistic care. This service is provided through the hospital's holistic and integrative services department. According to David Fong, DVM, Doctor of Oriental Medicine, and department head, "We work very closely with the oncology veterinarians because of the support that is needed as patients go through chemotherapy or surgery. Integrative medicine can help to give a higher quality outcome and life for these precious companions. If we can give back to the body to help itself, that in turn will help other Western treatments be more successful."

Cancer isn't always preventable, but there are things pet owners can do to keep their pets healthy. Veterinarians suggest early spaying and neutering, regular exercise, providing good food and clean water, keeping pets away from potentially toxic substances, minimizing solar damage to lightly pigmented or white dogs and cats by keeping them out of the noonday sun, and scheduling regular checkups and oral exams with a veterinarian.

"It's definitely possible for pets to enjoy happy, quality lives with their families, even though they have cancer," said Dr. Sabhlok. Let's hope Louie's owner reports similar news.

For more information visit SFVS's website at www.sfvs.net.



Peace

Best wishes to you from all of us!



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love, while serving as a friend and brother to us all. He is here for all people, to inspire and guide us out of the present chaos. Maitreya stands poised, ready to emerge into full public work. That time is imminent.

Long time co-workers of Benjamin Creme will present details of this extraordinary story — who is Maitreya, what are his teachings, what changes will he recommend in the political and economic fields, what choices will we face in the coming time? An opportunity for questions will follow.

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What About the Children: Should I Stay or Should I Go?

By Jocelyn Cremer, Tamara Hicks, and Elizabeth Gayner, Clinical Psychologists

Parents often worry about the effects on their children of their decision to stay in or leave a problematic relationship. After a separation or divorce children are typically sad and confused. However, staying in a bad relationship for the child's benefit usually isn't a good strategy over the long-term. Children eventually pick up on their parents' tension, conflict, or disconnection, with negative consequences.

A longitudinal study conducted by Judith Wallerstein, Ph.D. suggests that separation/divorce has a profoundly negative and long lasting impact on children. Some adults who experienced their parents' separation/divorce feel that the experience affects their ability to have good adult relationships. However, Constance Ahrons, Ph.D. points out that what's most important to a child's emotional well being is not whether their parents stay together, but a cessation of parental conflict. The key to reducing the harm caused by separation/divorce is for parents to stay communicative, amicable and polite to one another. Studies find that children who experienced cooperative separation/divorce fare as well as their peers from intact homes.

Choosing to stay or go is a difficult decision. Once a parent has decided to separate or divorce a few steps can help minimize the harmful immediate effects, and improve the chances that the child will do fine.

Both parents should inform the child, and give them a rationale for why they need to separate/divorce in age-appropriate language. The child shouldn't be burdened with too many details. Information should be given in a calm, loving way, and the separation/divorce should be presented as a mutual decision, even when it is not. Specifics should be given about where parents will live and other changes. The most important idea to get across is that the parents are separating from or divorcing each other, not their children, and that they will still be loved by both parents. It should be emphasized that the divorce is not the child's fault, and that they might feel a range of normal feelings including anger, sadness, anxiety and shame.

During this painful time, establishing a good support system can help protect a parent from overly confiding in their child, or turning to their child for comfort. Adult children of parents who separated or divorced who were overly relied upon for emotional support by their parents can feel resentful. It's

the parent's responsibility to ensure that their child gets to stay a child.

According to Ahrons, what the "children wanted was not for their parents to be friends as much as they wanted them to be cordial and not bad mouth each other." Talking negatively about the other parent puts the child in a position of feeling he/she needs to take sides. Children should never be put in the middle of their parents' conflict. This includes having the child be a messenger to the other parent, even about seemingly benign topics, such as schedule changes.

The loss of seeing a parent every day, and losing the idea that their parents are in love, is difficult for children. In therapy, children most often report that the biggest challenge for them is all the structural changes – moving homes, switching schools, not seeing their friends, different rules – that have taken place. The routine that has grounded the child has been pulled out from under them, creating anxiety and anger. Maintaining as much of the pre-separation/divorce routine as possible is imperative. If parental conflict isn't high, and the parents can choose when to separate, it makes sense to look at how many transitions are coming up in the child's life. For instance, is the child about to start a new school

in a month? Ideally, the separation should occur months away from another significant transition in the child's life.

Children's needs change as they develop or the family composition is altered with the addition of a new partner or sibling. Ideally, the child needs an adult – a teacher, relative, therapist, coach or family friend – other than the parent who they trust and know they can contact at any time. Having more adults involved in the child's life widens their support network and helps flag any behavioral changes.

Separation/divorce can trigger a lengthy grieving period. The goal isn't to circumvent the child's sadness, but to notice and address it. For families going through separation/divorce there are wonderful resources available, including *The Good Divorce*, by Constance Ahrons, *What About the Kids? Raising Your Children Before, During, and After Divorce*, by Judith Wallerstein, and *Divorce & New Beginnings*, by Genevieve Clapp. In addition, Kids' Turn www.kidsturn.org, 415.437.0700, is an excellent Bay Area resource that offers workshops for kids and parents.

Clinical Psychologists Jocelyn Cremer, Tamara Hicks, and Elizabeth Gayner practice at Potrero Hill Psychotherapy.

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– Janet J.



Kids on the Block

By Stacy Bartlett



Happy birthday to lovely little Molly, from Mama, Papa, Jake and Misha



Jillian Kuehnel turned three on November 14. She celebrated with lots of fun at the Bay Area Discovery Museum. Jillian (right) is pictured with her friend Sara (left) enjoying the birthday cupcakes.



Sally and Sean Burgess of Connecticut Street welcomed Ella Mary Burgess on September 1st.



Thai Bui and Ken Arizpes welcomed their daughter, Sophia Grace, to their family on October 11th. But this was no ordinary arrival. Thai had contractions throughout a day spent at home with 18 month-old Pierce. Ken picked up takeout and their nanny in anticipation of their departure to the hospital. He arrived home to find Thai in increased discomfort. A quick call to the on-call nurse, and they jumped in their car for the five mile trip to the hospital. During the first mile Ken drove while rubbing Thai's back. In the second mile: Thai's pain started to spike, but she remained calm by practicing her breathing techniques. In the third mile Thai's water broke. Ken does his impression of Steve McQueen's classic driving sequence in the San Francisco-made movie *'Bullet'*. In mile four the family reaches California Street; Thai tells Ken in a voice that was frighteningly not her own: "THE BABY IS COMING, NOW!!!" Their baby was on the way right there in the front seat of the car. The family arrived at the hospital safely after the speedy delivery.



Fifth generation Potrero Hill resident Michael Shlicoff celebrated his third birthday on November 30.

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Potrero Hill Businesses Grapple with the Recession

Photos By Rebecca Wilkowski

Pinkie's Nail Salon



"In the last couple of months the economic downturn has been felt at Pinkies. Regular customers schedule treatments less frequently and new customers are harder to attract. However Pinkies is blessed with a loyal customer base and with a wonderful staff that are helping us weather these hard times." - Connie, Owner, Pinkie's Nail Salon

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"Despite the economy, business at Delirious Shoes is up. I think that when times are bad, people postpone taking vacations and buying big ticket items like houses and cars. So when they do make a purchase, an item like shoes is still considered do-able and a way of giving themselves an affordable treat. My regular customers aren't necessarily looking for bargains, but rather seem to be making more thoughtful purchases and fewer impulse buys. Delirious has also seen an increase in new customers, many of whom might normally shop at a larger department store. I think people may feel more comfortable shopping in a store like Delirious, rather than a department store, because they are seeing their dollars go to support a local business." Amy Boe, Owner, Delirious Shoes

Pretzel's Yoga



"Pretzel's Yoga is lucky to have a loyal student base. I have been blessed with students referring the school to their friends. People seem to be committed to their health, even in an economic downturn. Except for one or two classes, attendance at our classes is holding at a steady rate." - Pretzel, Owner, Pretzel's Yoga



ACTCM



"American College of Traditional Chinese Medicine (ACTCM) is currently experiencing an increase in enrollment, as well as an increase in patient visits to our Community Clinic. Our experience has shown that when the economy slows down, adult learners often times choose to go back to school. With federal student loans still widely available and seemingly unaffected by recent events, we predict that we will continue to see this trend in 2009." - Lixin Huang, President, ACTCM.

Energy Efficient Products: Hype or Headache?

By Lori Higa

With money tight and higher prices for food, transportation and utilities, consumers are increasingly turning to energy efficient products with the hope of slashing their bills. But in the midst of this green revolution, some items aren't performing as well as expected.

First developed in the late 1920s, fluorescent lights put out the same amount of light as incandescent bulbs using up to 70 percent less electricity. But, according to Marlon Segal, Foster City-based Peninsula Jewish Community Center's (JCC) property manager, energy efficient light bulbs can turn into a money pit. The JCC is "...a large campus with thousands of lights," Segal said. "In the old days, when an incandescent bulb burned out, you changed it yourself. Now, with all this energy-efficient lighting, you need an electrician. He has to come out and take a look to find what's broken. They never have the part, of course, so he has to special order it and that turns into several trips. At our location, the lighting is high off the ground. You need a lift to get at the light...in the old days, you did it yourself with ladder and a pole that had a suction cup. Now it costs \$500 to replace a light fixture. Electricians charge \$125 an hour; two, three hours of work at \$125 an hour to fix one ballast. I don't argue there are savings to be had, but repair costs are astronomical."

Many Bay Area businesses have replaced their fluorescent T-12s with T-8s – lamp diameters are measured in eighths of an inch; a T-8 is an inch wide – that are up to 20 percent more efficient and provide better lighting with less flicker, truer color and longer life. Women-owned organic produce vendor Veritable Vegetable replaced all of its lighting about a year ago with the assistance of San Francisco Community Power (SF Power), a Dogpatch-based nonprofit which helps small businesses and low-income families reduce their utility bills. According to facilities manager Renée Feliciano, "In our warehouse, we used to have a contiguous line of 17 T-12s hanging overhead, with each fixture holding four lamps. Today the ceiling now has only four fixtures, each with two T-8s. The new configuration gives out a lot more light with a smaller number of lamps and costs a lot less. And the quality of the lights is much better. When you turned on the old lights, they were dim at first, then they would flicker and you'd have to wait for them to warm up. The new lights come on right away, there's no flicker and they're brighter. We get a fuller color spectrum and higher Kelvin, so we don't need as many fixtures." The savings are dramatic: about \$1,200 less per month.

George Nusrah, manager of Geary Wholesale, a Bayview-based food distributor, has had mixed experiences

with lighting and refrigeration upgrades. Working with SF Power and EnergyWatch, a partnership between the San Francisco Department of the Environment (SF Environment) and Pacific Gas and Electric Company (PG&E), Nusrah oversaw retrofits of the wholesaler's gigantic, 52-door refrigerator – replacing all the rubber seals and installing a computerized temperature controller to save energy – and fluorescent lighting in its 18,000 square foot warehouse. "The updated refrigerator works great," Nusrah said. However, when it came to replacing the 180 T-12 lamps and 150 fixtures with T-4s, things didn't turn out so well. According to Nusrah, half of the new lights blew out after only a few months. "They were supposed to last three to five years," Nusrah said. "We figured out it was the ballasts that failed, not the tubes, but we don't know if it was because they were cheap, defective or shoddy workmanship." Nusrah contacted the Los Angeles-based vendor, SunPark Electronics Corporation, who said they would replace the fixtures for free. But Nusrah's electrician said it would cost \$2,000 to take out the 18 fixtures, an expense the wholesaler couldn't afford.

Despite the headaches, Nusrah admits that the new lighting is a big improvement, providing better quality and greater illumination at less cost. "Lighting is really important, we need it to show

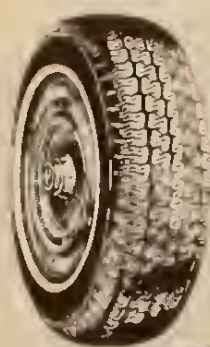
products in the aisles for our cash and carry customers." And the efficiency upgrades have cut the company's electricity bill in half, from roughly \$10,000 to \$4,500 a month, according to Nusrah, who is looking forward to working with EnergyWatch on the next efficiency project: installing light-emitting diodes (LED) in the refrigerator.

"We used to have T-12s with the old style ballasts, which was a coil wire filled with tar that would last 15, 20 years," said Segal. "We replaced them with T-8s. Ask any electrician, these new ballasts don't hold up. I have no scientific proof, but there seems to be more failures and I think it's the manufacturers' fault. A lot of them are jumping on the green bandwagon and there's no vetting."

According to a 2004 memorandum from environmental advocacy nonprofit Natural Resources Defense Council to the U.S. Environmental Protection Agency (EPA), "At some point in the future the ballast provided with the fixture will eventually fail. Currently it is very difficult to remove the ballast and even when the ballast can be removed, it is virtually impossible for a consumer to find the replacement ballast at a hardware store. When a ballast fails, the consumer will likely first try to replace the lamp. Once that doesn't work they are faced with the choices

Continued on Page 18

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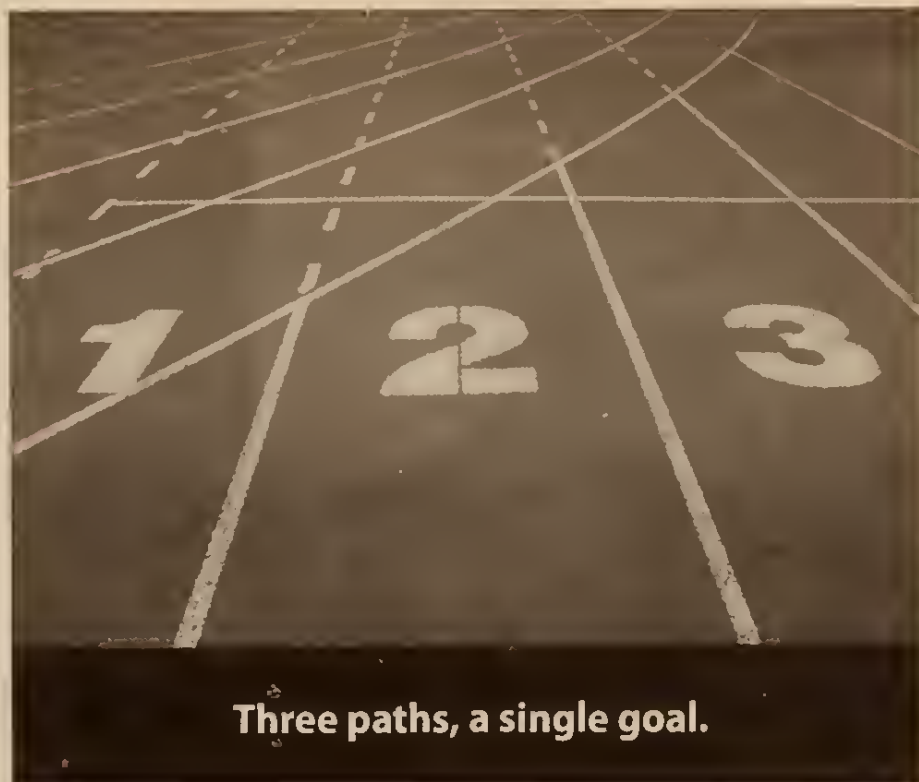
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arts

& ENTERTAINMENT

December 2008

December 1 - 14

Theater: *The America Play*

Thick Description, Potrero Hill's professional theater, continues its 20th anniversary year with a revival of their 1994 hit, *The America Play*, by Pulitzer Prize-winning playwright Suzan-Lori Parks. Powerful imagery, poignant metaphor and lyric prose drive Parks' exploration of the American dream of greatness, and the impulse – creative, and destructive – to find one's place in the pattern of history. Performances on Fridays, Saturdays and Sundays at 8 p.m. Tickets: \$15 to \$30. Thick House, 1695 18th Street, between Carolina and Arkansas streets. Information: 401.8081; www.thickhouse.org.

December 4

Community: International Studies Academy Silent Auction

Get your holiday gifts at great discounts. All proceeds go to supporting 30 ISA students on their trip to Paris. Don't miss this opportunity to get great deals and make a difference in children's lives. 6 to 8 p.m. ISA, 655 De Haro Street at 18th Street. Information: 695.5866; sch624@sfusd.edu.

December 5 - 7

Dance: *Epic, Abstract, Actual*

Aura Fischbeck Dance and The Riley Project present this program of new and repertory dance works, with guest choreographer Catherine Galasso. Through sensual, athletic, and quirky physicality, Aura Fischbeck and Leigh Riley investigate spaghetti westerns, your favorite body parts, and other kinesthetically driven themes. Friday and Saturday at 8 p.m.; Sunday, at 2 p.m. Tickets: \$12 to \$15. CounterPULSE, 1310 Mission Street at 9th Street. Information: 626.2060; www.counterpulse.org.

December 5 - 30

Art: Creativity Explored's Annual Holiday Art Sale

Want to wow your friends and family with one-of-a-kind gifts and support your favorite local nonprofit this holiday season? Visit Creativity Explored, San Francisco's premier gallery of work by artists with developmental disabilities, to browse thousands of unique gift choices suited to any budget. Half of the proceeds from the sale go to the studio artists. Fridays, 6 to 9 p.m., Saturdays and Sundays, 1 to 6 p.m. Creativity Explored Gallery, 3245 16th Street at Guerrero. Information: 863.2108; www.creativityexplored.org.

December 6

Community: Potrero Boosters 2008 Holiday Party

Celebrate the holiday season at one of Potrero Hill's newest venues, Project One, an art gallery and lounge space. Enjoy wine, beer, sake and lots of seasonal savorys and sweets. And, of course, share good cheer with your friends and neighbors who love Potrero Hill as much as you do! 2 to 6 p.m. Project One, 251 Rhode Island Street. Information: 648.1926; www.projectonesf.com.

December 7 & 21

Kids: The Family Studio at Museum of Modern Art

On the first and third Sundays of the month, San Francisco Museum of Modern Art's Family Studio explores art through an array of participatory activities for kids and adults. The programs include hands-on art projects, gallery tours, and a changing lineup of family-friendly readings and screenings. Museum and program admission are free for families (children ages 4 to 11 and up to four accompanying adults). 11 a.m. to 3 p.m. Family tours at 1 p.m. and a special presentation at 2 p.m. SFMOMA, Koret Visitor Education Center, 151 Third Street, between Mission and Howard Streets. Information: 947.1292; www.sfmoma.org/families.

December 11

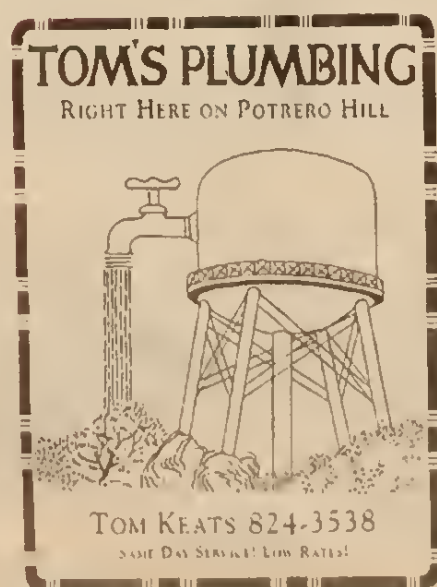
Community: University of California, San Francisco Mission Bay Sound Reduction Program Meeting

Join Moore Iacofano Goltsman, a firm that specializes in urban and community design, public outreach and facilitation, in a community meeting. Light refreshments will be served. Please bring a photo identification to show at the building security desk. 6:30 to 8:30 p.m. UCSF Mission Bay Campus, Genentech Hall, Room N-114, 600 16th Street. Information: 476.8318; bblopez@cgr.ucsf.edu.

December 12 - 14

Entertainment: CircusDragBurlesque Festival

This only-in-San-Francisco festival mixes circus, drag and burlesque in a delightful and explosive combination of high art and popular entertainment. Featuring Fou Fou Ha, Rubenesque Burlesque, This Way That Way, Butch Tap, Anna Conda, Sonya Smith & Alayna Stroud, and hosted by Amelia Mae Paradise and Sir Loin Strip of Diamond Daggers. 8 p.m. Tickets: \$20 - \$50. CounterPULSE, 1310 Mission Street at 9th Street. Information: 626.2060; www.counterpulse.org.



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December 13

Kids: Winter Wonderland Villages at Crissy Field

Tis the season to save some green! Create your own miniature winter village made entirely from recycled materials. Bring the whole family for this festive, seasonal activity. 1 to 3 p.m. \$15 per family of four; \$5 per individual. Crissy Field Center, 603 Mason Street at Halleck in the Presidio of San Francisco. Information and pre-registration: 561.7765; www.crissyfield.org.

December 17

Community: Cookies 'n Carols

Bring the whole family to the annual Christmas caroling event at St. Gregory's. Sing Christmas favorites around the piano while kids make gingerbread houses and decorate cookies. Refreshments for all. 6:30 p.m. Free. Saint Gregory's Episcopal Church, 500 De Haro Street. Information: 255.8100; www.saintgregorys.org.

Community: Potrero Hill Neighborhood House Annual Holiday Luncheon

Enjoy live music and a traditional holiday meal, including turkey and gravy, ham, cornbread stuffing, and more. 11 a.m. to 2 p.m., 953 De Haro Street. RSVP: 826.8080.

December 22 - 23

Kids: Winter Camp at Crissy Field

This holiday season give your kids the gift of the outdoors and environmental education! At Winter Camp kids will enjoy fun-packed days in the Presidio, spend time being creative in the arts workshop, do some investigative work in the ecology lab and explore

the beautiful outdoors in this two-day action packed exploration For grades one to six. 8:30 a.m. to 4 p.m. (extended care to 5:30). \$65 per day (\$15 extra per day for extended care). Crissy Field Center, 603 Mason Street at Halleck in the Presidio. Information and pre-registration: 561.7765; www.crissyfield.org.

December 27

Comedy: Open Mic at Farley's

Aspiring comedians and those who love them gather at Farley's for a great night of laughs, hosted by Liz Grant. Discover new and veteran comics in San Francisco's hopping comedy scene as they try new material at the only open mic in the City on Saturdays. Newbies warmly welcomed! 7:30 p.m. Farley's, 1315 18th Street.

December 31

Nightlife: Sea of Dreams New Years Eve Ball

From the folks who bring you AnonSalon comes the 9th annual Sea of Dreams, San Francisco's most elaborate and decadent New Years Eve experience. This year the event features exclusive live performances by international electronic superstar Thievery Corporation, as well as San Francisco's own Bassnectar and the 20-piece indie-techno-circus band Mutaytor. The Concourse Center will be transformed into a multi-stage undersea fantasyland, complete with cabaret and circus performers, aerialists, contortionists, balloon drops, confetti cannons and over 50 massive pieces of inflatable art. Don't miss this amazing event! 9 p.m. to 4 a.m. Tickets: \$75 and up. The Concourse Center, 635 8th Street at Brannan. Information and tickets: 256.8499; www.seaofdreamsnyc.com.



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Local Author Writes Perfect Book



Potrero Hill resident Maria Murnane recently published *Perfect on Paper*, a romantic comedy set in San Francisco.

Coffee Loyalty: More than Just Beans

By Kerry Fleisher

When it comes to cafés the best brew doesn't necessarily ensure customer loyalty. A cup of coffee may go for \$2 and change, but in the age of free wireless internet and economically-priced laptops, many customers demand more than just a full-bodied brew from their local caffeine stations. Lining up for a cup of drip coffee has morphed into an experience, not a product-chase.

"I come to Sundance because it's located close to work and has a good ambiance," said Sam Diesen, who appreciates how Sundance on Third and 20th streets allows coffee sippers to lounge long after their last sip. Lisa Giglio, who's lived on Potrero Hill off-and-on since 1972, is faithful to Farley's on 18th Street. "The staff, owner, product, and attitude is fabulous," she said, adding "there's no cramping one's style or forcing you to spend money. It's very European in that sense."

Many coffee drinkers insist that their caffeine kick is accompanied by good company, albeit of the most anonymous sort. "The crowd is important. There's nothing worse than an annoying crowd at a coffee shop," said CBS employee Peter Saiers, who frequents Peet's Coffee on Market Street. For a large dollop of coffee slurping clientele, high-speed wi-fi is paramount. "I come to this

Starbucks because there's easy access to wi-fi," said David Spector, an engineer, who was found sipping a latte at one of the ubiquitous chains' South-of-Market outlets. "It has everything I need."

For chain stores such as Starbucks, Peet's, and Tully's, customer satisfaction tends to center on consistency of both products and place. "The staff is nice at Starbucks," said taxi driver Kasar, taking his caffeine at a Starbucks near Union Square. Terry Hall, who frequents a Mill Valley Starbucks agreed, "The one thing that gets me back is the staff. They make me feel good." Hall also favors Peet's on Market Street, which he visits regularly. "There's a social environ at hand," he said. "Whether you talk to someone or not."

In addition to social ambiance and reliable wi-fi, convenient location is a key factor behind café-goers caffeine joint of choice. "I choose this Starbucks [at Powell and Sutter] because it's central," said Spector. "With Starbucks, it's convenient because they're everywhere, otherwise, I'd probably go somewhere else," said Tim Kahler, who works in retail.

While some people, like Hall, consider Starbucks "a fungus," the company's executives rely on the

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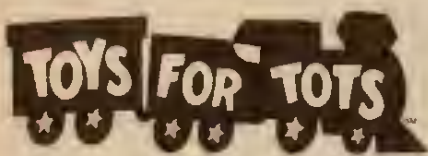
As 2008 draws to an end, we reflect on the past year and look ahead to next year's dreams. Most of all, we embrace our family, friends and communities. In that spirit, my office is once again a proud sponsor of two important projects helping those around us.



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Continued from Page 14

of a) throwing out the lamp and having it replaced, or b) calling in an electrician. The electrician will then replace the ballast if s/he can easily remove it and find the replacement, or recommend removing the current fixture and replacing it with a new one. These scenarios are not very appealing...consumers will opt to throw out the fixture, an undesirable outcome from an environmental point of view, then call in an electrician, which can easily cost \$100 each time a ballast fails. This is extremely expensive for a product that might have cost \$50 or less, and is very inconvenient, especially for new energy-efficient homes which could conceivably have 20 or more hard-wired pin-based fixtures inside."

"The only time a CFL or electronic ballast fails is generally due to user error," countered Aaron Brown, program manager with Santa Cruz-based environmental nonprofit EcologyAction (EcoAction). Richard Young, a senior engineer with Food Service Technology Center (FSTC), agreed. "When it comes to a CFL, buying one with an Energy Star rating is the only way to go," said Young. Energy Star, a collaboration between the U.S. Department of Energy, USEPA and manufacturers, rates products' energy efficiency. "CFLs are made to last a long time, longer than their rated life. But if you stick a CFL into a dimmer or three-way system that will destroy the bulb...It's electronic, like a computer, and is only rated for its specific voltage. If you run it out of spec. that will kill it."

"A typical CFL is not encased, so it cools fast," Brown said. "It has a decent lifespan of 8,000 to 10,000 hours. If you take another type of CFL, one that's encased in glass, has a reflector and the look people want, it will have a shorter lifespan - 6,000 to 8,000 hours - because encased, it doesn't cool as well. If you put the CFL into an encased floodlight fixture, then you have double casing, some are vented, some not. The unvented track light fixtures will kill the bulb...and cut by half its life, down to 3,000 hours."

Feliciano recalled such an instance of CFL failure. "We had lights in recessed fixtures that kept burning out. The fixtures used screw-in mini ballasts which let the CFLs get too hot. The lamp could handle the heat, but the ballast could not. To release the heat, we drilled small holes in the back of the fixture. That seemed to do the trick."

"When ballasts are not dosed with enough mercury, they can also fail prematurely," said energy specialist John Holden of EcoAction. "For example, if GE doses a lamp with lots of mercury, it generally lasts, but when they go for the littlest amount of mercury possible, it can go out in a few weeks."

The only time Keith Gentner, co-owner of Potrero Hill's Center Hardware, has seen a CFL failure is when a manufacturer delivered a palette of fluorescent fixtures with the wrong ballasts. "We sold a light,

the customer found it didn't work, brought it back. We took it apart and discovered the manufacturer had put the wrong ballast in the fixture," he recalled. "Fortunately, they were so inexpensive, the manufacturer didn't want it back, said to just toss 'em."

"We're not gonna talk about those 99 cent bulbs you can buy at the dollar store, 'cause they're garbage," Brown insisted. "They don't last and give the industry a bad name. Everyone wants to produce and sell CFLs, because they see they can make money and don't care about quality. There's definitely people making bad ones." Many cheap CFLs come from Asia. But even the more trusted American brand names, such as GE and Sylvania, manufacture offshore. "If a consumer gets a CFL and it fails, I tell them to buy another one, and make sure it's from a trusted brand such as GE, Sylvania, Phillips, Maxlite," said Brown.

EcoAction vets all the products it installs, and makes sure that they have warranties. "An unknown brand is a big question," Brown said. "You don't know how the product will perform, and there's no recourse, as with a known manufacturer. Sure, there's an occasional bad product, but then they recall. The point is that they do recall. The no-name, no warranty, no local rep fly-by-nights will take your money and never look back."

Gentner thinks it's difficult to tell if new efficient lighting will live up to the hype. "They've only been around for 10 years. Old magnetic ballasts that are 40 to 50 years old are still in use." A Potrero Hill institution since the late-19th century, Center Hardware offers a cornucopia of green lighting, from bulbs to ballasts, at prices ranging from 50 cents for a bulb to \$45 for a new ballast. Manufacturers run the gamut from the well-known to the obscure. "When the rebates stop, people are going to suffer sticker shock. The price of CFLs will go up to \$5 to \$7 a piece and that'll make people think twice about getting them, especially since they can buy four incandescent bulbs for \$2," Gentner said.

"There's an array of products ranging from the ridiculous to sublime," quipped Jim Tabor, Center Hardware's buyer. "Yes, some are more efficient, more ergonomic and well-constructed than 20 years ago. Appliances haven't gotten inherently better, but computer-aided design and technology have. It's codes that drive product improvements, not consumer demand. If you want crappy product, there's plenty to choose from."

CFLs contain mercury -- roughly equivalent to what's on the tip of a ball-point pen -- which needs to be kept out of landfills. When a lamp breaks, mercury and lead can be released, contaminating air, water or groundwater. The State of California has issued fish consumption warnings due to high mercury levels found in the San Francisco Bay. It's likely that some of these toxins are due to improper disposal of lamps containing mercury.

Older T-12 ballasts contain polychlorinated biphenyls (PCBs), which can cause cancer and reproductive/developmental

problems. A half-century ago PCBs were used as coolants, sealants and insulators in everything from carbonless copy paper to flame retardants and electrical wiring. They were banned in the 1970s, and are now classified as persistent organic pollutants which bio-accumulate in animals. While new ballasts are PCB-free, all fluorescents must be recycled; spent fluorescents are considered hazardous waste. Center Hardware relies on a special service to dispose of its old fluorescents. "It costs us twice as much to get rid of old lighting than to install new lighting!" said Gentner.

According to EcoAction's Brown, a "CFL which reduces energy use by 75 percent still uses less mercury than is released into the environment with an incandescent. Incandescents burn more mercury through fuel emissions needed to produce it, whether you're using coal or nuclear to produce electricity. Old T-12s have eight to 10 milligrams of mercury. New T-8s have less than four milligrams. It's made a huge difference," said Brown.

Lighting isn't the only device that's become more efficient. "If Al Gore was president, everyone would have a front loading washer by this time...it's a true green machine," said the mustachioed Will Cherin, of the Valencia Street appliance store, which was founded in 1892. "These washers spin at 1,100 revolutions per minute (rpms), while top loaders only spin at 425 rpms. That's why your laundry comes out wet from top loading machines. You cut your dry time cut in half with new front loading machines," said Cherin. Top loading washing machines use 53 gallons of water, while front loaders use only 17 gallons. "And they clean your wash better while using less energy and heating less water," Cherin pointed out. He claimed the shop has never had a return on a front-loading washer.

"Many food businesses, like restaurants, don't have much money,

especially if they're a startup," said FTSC's Young. "Typically small business owners will buy the lowest cost equipment. For example, a fryer. It's a real energy guzzler and not well built. They'll buy the cheapest one they can find. The burners in the fryer break. A steel fry pot with welding will start to crack. It's like a Yugo. An energy-efficient fryer costs two to three times more and typically lasts many more years. That's like going from a Yugo to a Honda," Young stated.

Kristina Feldman, who leads SF Power's climate change program, observed, "When we go out on audits, it's often a small business with an old refrigerator. Some of them take over 10 years to retire and they're a huge energy sucker, built to last a half century." While incentives and rebates spur sales to would-be green consumers, savings are sometimes cancelled out by product failure. "For example," declared Feldman, "PG&E suggest a CFL that's touted as highly efficient. But we've seen how bulbs burn out fast. So you're saving energy, but wasting dollars in adding hazardous, solid waste into landfill."

"Generally you will pay a premium for higher efficiency equipment and quicker replacement of materials. State programs can sometimes make up the difference," said Alena Gilchrist, who markets energy efficiency programs for SF Environment. EcoAction's Holden recently attended an international lighting fair in Las Vegas, a town that's the poster child for reckless disregard of energy resources, with its air-conditioned, garishly-lit 24-hour casinos of fake waterfalls and fountains in an arid desert clime. "I saw a lot of junk there, products of bad quality. I also saw a tremendous number of new products. LEDs are coming on line. They now match the quality of CFLs. The next big thing will be LED lamps."

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PREFund launches Potrero Kids at Daniel Webster Preschool



by Dena Fischer

The Potrero Residents Education Fund (PREFund) hosted a kick-off party at Daniel Webster Elementary School last month to celebrate the successful opening of Potrero Kids at Daniel Webster (PKDW). The Spanish bilingual school opened in September with 36 children – ranging from nine months to two years-old – a quarter of whom are being provided with scholarships. More than 100 guests attended the event, which

showcased the renovated bungalows that house PKDW. Longtime Potrero Hill resident and former San Francisco mayor Art Agnos welcomed the guests, including Board of Education members Hydra Mendoza, who presented PREFund with a commendation from Mayor Newsom, and Rachel Norton, as well as San Francisco Unified School District Assistant Superintendent Linda Luevano. Special thanks was given to Potrero Hill-based Jackson Liles Architecture.

The View Needs You

We need writers, editors, and gossip-mongers. We'll also take artists, cartoon writers, and photographers. We'll even consider poets. Little, if any, pay, no benefits, but plenty of love.

Coffee Loyalty

Continued from Page 17

10,000 stores in the United States as advertising in themselves. Starbucks' advertising model depends on word-of-mouth appeal and location as opposed to large-scale advertising campaigns to sell their products. Though Starbucks ranks sixth in Top Restaurant Chains, behind Wendy's and McDonald's, the company only spends roughly \$38 million a year on advertising, compared to McDonald's \$782 million. Starbucks began advertising on television last year, the first time the chain has done so since it was founded in 1985.

Peet's Coffee, a coffee chain with more than 165 shops in California, increased its net revenue by almost 20 percent in 2007, despite reducing its advertising expenditures from \$1 million to \$.7 million. A portion of Peet's marketing dollars went to social networking hubs like Facebook, which caters to a young, tech-savvy, demographic.

Starbucks has similarly evolved beyond traditional advertising avenues. After experiencing one of its most significant declines in average store sales last year, the company launched its first ever rewards program in 2008, promising two hours of free wi-fi, complimentary syrup, and a free cup of coffee with a purchase of a pound of beans to returning customers.

It's unclear whether advertising is key to building café brand loyalty, or whether brand loyalty is created by other factors. For many consumers – in particular espresso fiends and self-described coffee snobs – the quality of the coffee bean is paramount. "I come here because the coffee is strong," said Ron, a lawyer who frequents a Starbucks near Union Square. "I go to Peet's because they sell high-end coffee beans," said Donnelly Gillen, an attorney.

Peet's sells more than 20 specialty blends in approximately 7,000 grocery stores, and offers a free cup of coffee

with each coffee bean purchase. Peet's will open roughly 30 new stores this year, many of them in prime real estate locations, such as Telegraph Avenue and Dwight Way in Berkeley. However, particularly in San Francisco, home to a bevy of eco-conscious consumers, location can be a secondary factor when it comes to where to pluck down six bits or more.

"I actually live close to Starbucks, but I go out my way to come here," said Sanjin Agic, a full-time student who frequents Cup of Joe, an independent Nob Hill coffee shop that offers beer, gelato, and two iMac computers for internet use. Down the road, photographer Charles Merida is a regular at Café Bean, an independent coffee shop that serves a "Daniel's Omelette" amongst other veggie options, and features collage-art tables with clippings from Bayview Opera House press releases. "You can put a face to it [Café Bean]. It's one and the only, and there's an aesthetic beauty," said Merida.

If there's something endearing about an independent coffee shop with a Ma' and Pa' pedigree, there's also a down-with-the-man incentive that inspires many. "I like to support smaller companies," said Keith Johnson, a software engineer, as he sipped a coffee at Organic Coffee, located a half a block away from a South-of-Market Starbucks. Carpenter Bill Egan only frequents chain coffee shops under extenuating circumstances. "The independent coffee store would have to have a significantly worse cup of coffee for me to purchase at a chain store," he said.

And still for others, there is no foreseeable circumstance that could result in the purchase of a Starbucks latte over its equivalent at an indy outlet. "I would even buy bad coffee to avoid Starbucks," said Allison Guyton, a waitress, who prefers to throw down her \$2 plus tip at Caffé Trieste in North Beach and Tazzo D'Amore in the Castro.

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Lofts

Continued from Front Page

said. "Originally, this hadn't been required for the live-work dwellers. Back then, it wasn't a question of fairness for how a neighborhood was done or was being developed. But now let's recognize that it's turning residential."

A discussion about how to address the needs of live-work loft residents began earlier this year, when District 10 Supervisor Sophie Maxwell floated the idea of charging a fee on loft owners who acknowledge that they are occupying the lofts strictly as residents, rather than as working artists or businesses. According to Maxwell, if loft owners want residential type amenities they need to help pay for them.

When they were first developed the City did not require live-work loft buildings to help finance residential amenities, and zoning laws protected the developers from paying fees, which is typically required for new construction in residential neighborhoods. During the late-1990s community activists called on policymakers to close this loophole in zoning laws. However, city officials maintained that the lofts were being built in industrial areas, whose basic character needed to be preserved, including their lack of residential-related infrastructure.

According to Ed Capaña, a real estate broker for www.somapro.com who focuses on the South-of-Market neighborhood, construction in industrial areas was less expensive than it would have been in neighborhoods zoned as residential. "The reality is that the City was supporting building alternate developments in non-development areas, and that is why the procurement was cheap," said Capaña. "At that time, developers should have been charged up front. Now the property value is double and

they want amenities."

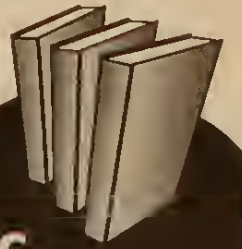
In an attempt to ensure that live-work loft residents were professional artists and small businesses, loft buyers were supposed to have a business license. However, according to Capaña this requirement was loosely monitored, and the required license wasn't always obtained by people who bought the units. "The realtor isn't a policeman," said Capaña. "It's the City's job to make sure that the tenants and buyers are in compliance. This was honored for probably the first decade, but then it was ignored."

As Southeast San Francisco has gentrified, and industrial land has given way to mixed and residential uses, loft prices have steadily increased, and higher-paying tenants and owners have moved in. According to Tim Colen, San Francisco Housing Action Coalition's executive director, it will be difficult to implement Maxwell's proposal to collect fees, in part because there's no clear definition of what constitutes a live-work loft. And with the eastern neighborhood planning process absorbing much of Maxwell's attention, any near term action to address the issues now raised by live-work developments is unlikely. "The live-work loft space issue is a backdrop to the current eastern neighborhood plan, which is the largest rezoning in the City in a generation," Colen said. "I do not see how [live-work] fees for new development will work, I do not see how it is realistic or feasible."

Dan Sider, San Francisco Planning Department senior planner, stated that the department would be willing to cooperate with Maxwell's office on developing a live-work fee plan. "We welcome the opportunity to work with Sophie Maxwell's office," Sider said. "Although as far as we know this isn't a project yet, it is just an idea. It is my understanding that the eastern neighborhood plan has taken precedence."

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LIBRARY NEWS

Lia Hillman, Potrero Branch Manager

Therese Cason, Mission Bay Branch Manager

Interim Services during Potrero Branch Closure

Bookmobile service will be provided on Tuesdays from 2:30 to 5 p.m., and Thursdays from 10 a.m. to 12:30 p.m., on the north side of 1502 Mariposa Street, adjacent to the Jackson Park Recreation Center building. Services include borrowing, returning, reserving or picking up materials, and obtaining or renewing a library card.

December 4 and 11, 10:30 a.m., Storytime for children, from birth to five years old, St. Teresa's community hall, Connecticut and 19th streets. Enter on Connecticut Street.

December 18, 10:30 a.m., Cascada de Flores. Enjoy the lush, earthy songs and traditional dance of Mexico and Cuba, St. Teresa's community hall, Connecticut and 19th streets. Enter on Connecticut Street.

Mission Bay Branch

The Mission Bay Library is located at 960 Fourth Street, at Berry, near AT&T Park. The library is open Tuesdays and Thursdays 10 a.m. to 6 p.m.; Wednesdays noon to 8 p.m.; Fridays and Saturdays 1 to 6 p.m.; Sundays 1 to 5 p.m. The Muni N and T lines are a block away, at Fourth and King Streets, and street parking is on Channel Street, also a block away. The branch phone number is 355.2838.

The Mission Bay Library offers a variety of adult and children's programming, including:

Thursdays, 10:15 a.m. and Fridays, 4 p.m. Baby/Toddler Lapsits for ages birth to three.

Thursdays 11 a.m., Preschool Storytime, for ages three to five.

December 3, 6:30 p.m., Sheila Hansen, Cal State Teach faculty member, will give instructions to teachers on how to earn California multiple subject teaching credentials through online courses.

December 6, 2 p.m., Holiday Music Presentation by the San Francisco Conservatory of Music.

December 10, 6:30 p.m. Dan White will read his book *The Cactus Eaters: How I Lost My Mind and Almost Found Myself on the Pacific Crest Trail*

Potrero Library Campaign

The Potrero Neighborhood Library Campaign Committee meets monthly to discuss fundraising strategies and progress. Meetings are held at 6:30 p.m., usually on the third Wednesday of the month. If you'd like to join the campaign committee, please contact Tina Tom at Friends of the Library 626.7512, extension 106; tina.tom@friendssfpl.org.



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The staff of Saatchi & Saatchi S, whose office is on the corner of York and Mariposa streets, took to the streets last month to help clean-up the neighborhood. It took sixteen people a half-hour to fill 11 trash bags. Photograph by Liam Gray.



Dogpatch Neighborhood Association usually meets the second Tuesday of each even-numbered month. The next next gathering is the holiday party at the Ramp, 855 Terry Francois Street, Tuesday **December 9th** from 7 to 9 p.m.

Potrero Boosters meets the last Tuesday of each month at 7 p.m. (social time begins at 6:30 p.m.) in the wheelchair-accessible Game Room of the Potrero Hill Neighborhood House, 953 DeHaro Street. For more information, visit www.potreroboosters.org or contact President Tony Kelly at 341.8040 or president@potreroboosters.org. Holiday Party **December 6th**, 2 to 6 p.m. at Project One, 251 Rhode Island Street. Next meeting: **January 27th**, 7 p.m.

Potrero Hill Association of Merchants & Businesses (PHAMB) meets the second Tuesday of each month at 10 a.m. at Goat Hill Pizza, corner of Connecticut and 18th streets. Visit www.potrerohill.biz or call 341.8949. Next meeting: **December 9th**, 10 a.m.

Bayview Police Station Captain's Community Meeting is held on the first Tuesday of each month in the Bayview Police Station Community Room at 201 William Street. Access can be gained by entering through the Newhall Street door. Next meeting: **December 2nd**, 6 p.m.

Potrero Hill Democratic Club meets the First Tuesday of each month at 7 p.m. at the Potrero Hill Neighborhood House, 953 DeHaro St. For more information, call 648.6740, www.PHDemClub.org. Next Meeting: **December 2**, 7pm.

Potrero Hill Garden Club usually meets the last Sunday of the month at 11 a.m. for a potluck lunch in a local home or garden. Discussions are held on subjects related to organic, edible, or ornamental gardening appropriate for Potrero Hill's microclimate. Call 648.1926 for details.

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Home Birth

Continued from Front Page

Karin Hanni delivered both her children—Tara, age three, and Dylan, who is eight months—at her Potrero Hill home. Hanni chose homebirth for many reasons. Hospitals make her tense, and she was comforted by the idea of staying in one place during the birthing process. Hanni was also swayed by statistics showing that homebirths are safer than hospital births for women with low-risk pregnancies.

Nancy Myrick, a Certified Nurse Midwife with Rites of Passage Midwifery, worked with Hanni during both her pregnancies. Before Myrick became a midwife in 2003, she worked as a doula, providing non-medical support during child-birthing, for a decade. Currently she attends three to four births a month. In the five years she's been practicing, only once has she transferred a baby, who was having respiratory problems, and a hemorrhaging mother to the hospital by ambulance. They are both fine. According to Myrick, the biggest risks associated with homebirth are the rare events that present no warning signs. "Mostly, the things that go wrong in childbirth start to show signs of happening long before they get bad. In that case we go to the hospital." Myrick stressed that homebirth is for "healthy moms having healthy pregnancies." There is always a backup hospital in case of emergencies. Both Hanni and Morris chose St. Luke's, which has the highest rate of natural births in the City. Hanni and Morris recommended Natural Resources, a retail store that caters to natural and eco-friendly pregnancy and nursing, located on Valencia and 25th streets, as a great resource for expectant parents.

There are many reasons to have a hospital birth, chief of which is that such facilities provide emergency facilities in case something unexpected happens. "If one of those rare emergencies occur, you are minutes away from surgery," advised Myrick. If the mom has significant health problems, or doesn't feel comfortable at home, she should be in a hospital. Women who want

epidurals need to be in a facility that has access to the procedure.

San Francisco midwives typically charge less than \$4,500 for their services, according to Michelle Welborn, an apprentice midwife to Myrick. This rate covers prenatal and postpartum visits, as well as the birthing process. Some preferred provider organizations offer partial homebirth coverage, but no California health maintenance organizations provide midwives. As a result, many families pay for a homebirth out-of-pocket. A hospital birth, pre-insurance, can cost from \$20,000, with no interventions, to \$50,000 if a Cesarean section is performed, with a \$300 to \$12,000 co-pay, excluding the cost of prenatal visits. According to Welborn, most midwives want homebirths to be available for everyone, not just the wealthy. Many will accept trade or payment plans as negotiated by need. Maria Iorillo, Morris' midwife, started the Help Me Out Foundation to help women gain access to homebirth regardless of their income.

Birth is the bread and butter of the American hospital industry. But the industry's grip on babies is starting to loosen. When Cara Vidano took over Natural Resources three years ago only two or three couples attended her monthly Meet the Midwives sessions. Today these gatherings are overflowing. At the time of *View* publication Goetz was still debating where to give birth, though she noted that "95 percent of the women I have talked to about homebirth loved their experience (without drugs), delivered with no complications and would do it again."

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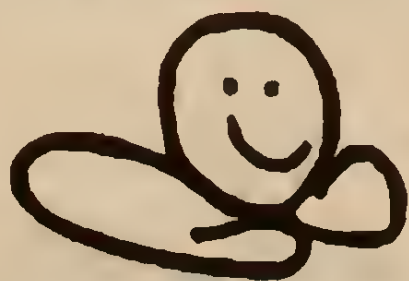
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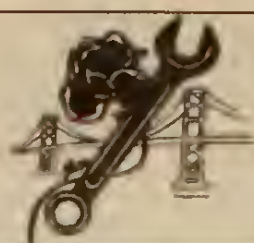
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CRN #	Course Title	Days	Times	Room #
38642	Auto Body Repair	Sat	8 a.m.-2:30 p.m.	110
37223	Automotive Electrical	M-W	12:30-4:30 p.m.	114
36348	Automotive Mechanics	M-W	8 a.m.-12 p.m.	103
36350	Automotive Mechanics	W-F	1-5 p.m.	103
36351	Automotive Mechanics	M-Th	6:30-9:30 p.m.	103
36352	Brakes, Suspension, Align	W-F	8 a.m.-12 p.m.	108
38824	Custom Design/Assembly	TTh	6:30-9 p.m.	115
38225	Custom Metal Fabrication	TTh	12:30-3 p.m.	115
37800	Engine Performance	M-W	8 a.m.-12 p.m.	114
39085	Engine Performance	M-Th	6:30-9:30 p.m.	110
36354	Engine Repair	T-Th	8 a.m.-12 p.m.	115
38823	Fuel, Lube & Cooling	MW	6:30-9:30 p.m.	112
37801	Motorcycle Design/Maint	MW	6:30-9 p.m.	115
38134	Motorcycle Design/Maint	Sat	9 a.m.-2:30 p.m.	115
38822	Motorcycle Testing/Repair	Th	5:45-9:45 p.m.	114
39069	Photovoltaic Installation	TTh	6:30-9:30 p.m.	254
39070	Photovoltaic Installation	Sat	8 a.m.-2:30 p.m.	254
36028	Welding Processes	MW	6:30-9:30 p.m.	T8A
36029	Welding Processes	TTh	6:30-9:30 p.m.	TBA
36030	Welding Processes	Sat	8 a.m.-2:30 p.m.	T8A

CREDIT SHORT TERM COURSES

CRN #	Course Title	Days	Dates	Times	Room #
39068	Copying Couture	T	3/17-5/22	1-4 p.m.	230
39033	Sewing: Knit/Stretch Fabric	Th	1/15-3/12	1-5 p.m.	230

FREE NONCREDIT COURSES

CRN #	Course Title	Days	Times	Room #
42572	E5L for Construction	TW	3-5:30 p.m.	232C
43549	E5L for Janitors	Sat	8 a.m.-1 p.m.	107
45472	GED Prep: Math	MW	4-6:30 p.m.	256

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STEREO REPAIR / HOME THEATER INSTALLATION Gene's Sound Service offers expert component-level repair and installation of audio, video and home theater systems. On-site service with convenient day, evening or Sat appointments. Many local references. "Gene's honest and knows his stuff. Give him a try." Bobby McFerrin. Call Gene at 415-377-125B. More info at www.genessoundservice.com.

More income at retirement?

6.75%*

Single Premium Deferred Annuity

*Current effective annual interest rate for 10-year Interest Rate Guarantee Period based on premium of \$50,000 as of 11/16/2008. Rate includes a 1.00% bonus in the first year. At the end of the first year, the interest rate is reduced by 1.00% and is guaranteed for the remainder of the guarantee period.

A tax benefit today, plus retirement income you can't outlive. Let's talk about the FUTURE INCOME PLUS deferred annuity from State Farm.*

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Dave Stewart Ins Agcy Inc
Dave Stewart CLU ChFC, Agent
Insurance Lic. #: 0F65235
www.davestewartsl.com
Bus: 415-982-9033



Jake Stewart, Agent
Insurance Lic. #: 0E85157
821 Folsom Street, Suite 101
San Francisco, CA 94107
Bus: 415-982-9033

Lower rates apply for lower premium. Rate subject to change without notice. Actual rate credited will be rate in effect on the day premium is received. After 10 years, a new guaranteed interest rate, not less than 3% and Interest Rate Guarantee Period may apply. Market Value Adjustment, if applicable, will decrease or increase values if withdrawals are made prior to the end of the Interest Rate Guarantee Period. Surrender Charge may apply in first 9 years. No Market Value Adjustment and no Surrender Charge will be applied to any death benefit payable. Consult your State Farm agent for policy details and your tax or legal advisor for specific advice. Policy Series: 03040 & 03090 in all states except MT, NY, OR, PA, TX & WI. 03090 in MT and AD3040 & AD3090 in WI.

State Farm Life Insurance Company, Bloomington, IL (Not licensed in MA, NY, and WI)
State Farm Life and Accident Insurance Company, Bloomington, IL (Licensed in NY and WI)

PG2010 11/16/2008

Not FDIC Insured • No Bank Guarantee • May Lose Value

ON SALE

...at The Good Life Grocery



For Peace & Justice On Earth
Merry Christmas
Happy Hanukkah
from the staff of
The Good Life Grocery

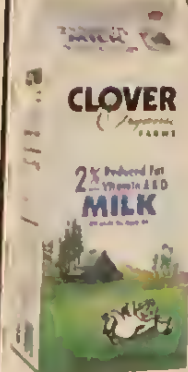


Toys for Tots

Please donate a new
unwrapped toy for
the Toys for Tots program
sponsored by the
San Francisco Fire Dept.
Donation Bins at your favorite
Good Life Store



CLOVER Organic FARMS



Clover Organic Dairy
Organic Milk

64 oz. -reg 4 15

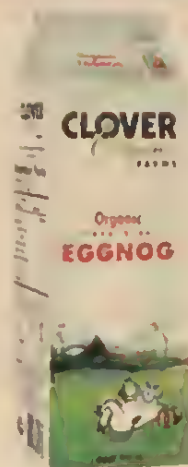
\$3.49



Organic Egg Nog

32 oz -reg 4 69

\$3.99



Organic Whipping Cream

16 oz -reg 3 59

\$2.99



Organic Sour Cream

reg or light

16 oz -reg 3 29

\$2.69



Organic Butter

sweet or salted
16 oz. -reg 5.99

\$4.99



Peet's
Coffees

all flavors

12 oz -reg to 11 99

\$8.99



Clover Dairy
Whipping Cream

16 oz -reg 3 29

\$2.69



CLOVER STORNETTA FARMS

Maltagliati
Organic
Italian Pasta

all cuts

16 oz -reg 1 99

4/\$5



Egg Nog

32 oz -reg 3 19

\$2.49



Egg
Nog

64 oz -reg 5 79

\$4.79



R.W. Knudsen
Organic Apple Juice

96 oz. -reg 9 99

\$6.99



Organic Juices

all varieties

32 oz -reg 4 79 +CRV

2/\$5



Crystal Geyser
Mineral Waters

all flavors

1 25 ltr -reg 1 45 +CRV

88¢

Haagen Dazs
Ice Cream

all flavors

16 oz. -reg 4 49

2/\$6

Häagen-Dazs



Carr's
Water Crackers

all varieties

4-7 oz -reg 3 99

2/\$5



Capricorn Coffee
Dark French Roast
Coffee Beans

Bulk! -reg 6 99 lb

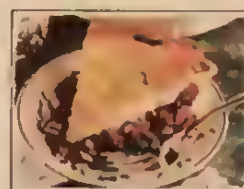
\$4.99 lb.

Upper Crust
8" Pies

all varieties

-reg to 15.99

\$12.99



Christine's
HANDMADE PIES BY
UPPER CRUST

The GOOD LIFE GROCERY



Sale Prices effective December 1 - 21, 2008

